

Our customers are at the heart of our business, and our priority is ensuring that you continue to receive the best service possible.

If you are experiencing financial difficulties, please contact us and our Customer Services Team will be happy to discuss your options with you.

Our Corporate Account Managers are here to help managers too, we can support you with resources and one to one time to discuss looking after your teams.



Q1 January - March



# SUPPORTING YOUR EMPLOYEES PHYSICAL, MENTAL & FINANCIAL HEALTH IN 2021!

### **JANUARY**

Physical, Mental and Financial Health

#### **FEBRUARY**

Mental Health and Kindness in the Workplace

## **MARCH**

Physical Health and Employee Appreciation

# KEY THEMES/AWARENESS DAYS

RED January - All Month Blue Monday - 18th Jan National 'Sickie' Day - 1st Feb
Time to Talk Day - 4th Feb
Random Acts of Kindness Day - 14th Feb

University Mental Health Day - 4th March Employee Appreciation Day - 5th March Nutrition & Hydration Week - 15th March World Sleep Day - 19th March

Access a wealth of marketing support and resources including posters, new starter packs, guides and much more via your MyPeople Portal, in support of these themes.

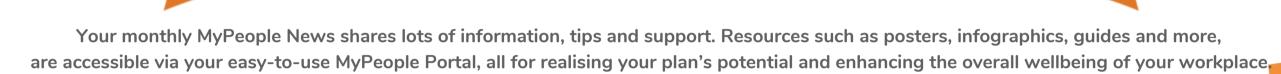
To register for MyPeople, all you'll need is your Group Number and Policy Start Date.

Watch our Demo Video for more support and to learn how to use the MyPeople Portal!





# 2021 Wellbeing Planner



The Paycare team are here to support you as well as your employees, so look out for managers resources to help you too.

Managers, we understand that your business, your processes and your challenges may look very different this year.



#### Difficult choices?

If you're experiencing commercially challenging times or considering a restructure of your business, get in touch with your Account Manager, who can guide you on what support is available. We're here to help.

#### **SUPPORT**

For further information and FAQs around COVID-19, head to www.paycare.org/coronavirus. We're updating this regularly so that you can always find the information you need. Your team can find our latest health and wellbeing tips on our Paycare blog on www.paycare.org/about-paycare/blog/

If you need any help, or haven't yet received MyPeople News - please contact our friendly Account Managers on 01902 371010 or email healthcareheroes@paycare.org

#### 3 SIMPLE STEPS!

- Save a copy of your Wellbeing Planner to your desktop.
- Access a variety of resources via your MyPeople News & MyPeople portal.
- Share our resources with your team email, online intranets or even through the post!





Remind your team about additional services including our MyPocketGP, **Paycare Perks and Confidential Helpline Service\*** 

FREE Online Session!

Click here to enhance the Health and Wellbeing of your team by joining our FREE E-Clinics - online sessions focusing on different topics including wellbeing in the workplace and employee Mental Health!



\*To check if the MyPocketGP and Confidential Counselling and Helpline Service is included in your Employees' Plan, and for further information about the service, please refer to your Benefit Table.



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